



**5 STEPS  
TO  
SUCCESS**

# PLANNING & PREPARATION

WHAT SPECIFIC PLANNING AND PREPARATION ACTIVITIES WILL YOU NEED TO ADD TO YOUR ROUTINE?


WHAT DO YOU NEED TO PLAN BEFORE THE TRANSFORMATION BEGINS?


WHAT DO YOU NEED TO PLAN ON A MONTHLY BASIS?  
A WEEKLY BASIS? A DAILY BASIS?

WHAT TOOLS DO YOU NEED TO ASSIST YOUR PLANNING?

WHAT DAY AND TIME WILL YOU NEED TO SET ASIDE FOR PLANNING? (I.E. 2 HOURS ON A SUNDAY FOR MEAL PREPARATION; OR 1 HOUR PER MONTH ON A SATURDAY FOR BUDGETING.)

# PROFESSIONAL ACCOUNTABILITY

TO WHOM WILL YOU BE PROFESSIONALLY ACCOUNTABLE?

HOW WILL YOU CHECK IN WITH THEM?

HOW OFTEN WILL YOU CHECK IN WITH THEM?

WHAT DO YOU NEED FROM THEM TO KEEP YOU ON TRACK?

# SOCIAL SUPPORT

WHO WILL BE YOUR SOCIAL SUPPORT?

HOW WILL YOU CHECK IN WITH THEM?

HOW OFTEN WILL YOU CHECK IN WITH THEM?

WHAT DO YOU NEED FROM THEM TO KEEP YOU ON TRACK?

# MEANINGFUL INCENTIVE

WHAT IS A PERSONALLY MEANINGFUL INCENTIVE YOU CAN USE TO MOTIVATE YOU TO CHANGE?

WILL IT BE POSITIVE OR NEGATIVE?

WHAT CONSEQUENCES ARE THERE FOR NOT ACHIEVING YOUR GOAL?

HOW CAN YOU MAKE THE CONSEQUENCES MATTER?

WHAT IS THE REAL INTERNAL REASON THAT YOU WANT TO MAKE THIS CHANGE?

# THE BIG DEADLINE

WHAT IS THE BIG DEADLINE FOR YOUR TRANSFORMATION?

WHAT HAPPENS AT THIS DEADLINE?

WHAT ARE THE CONSEQUENCES FOR MISSING YOUR DEADLINE?